

A' LA CARTE MENU

From 12:00 pm to 9:00 pm

STARTERS

Seasonally Inspired Soup Of The Day (GFA) € 6.90

Served with Daily Baked Soda Bread

Blue Haven Seafood Chowder (GFA) 1,2,7,8,13 €11.50

Made with Salmon, Hake, Smoked Haddock. Served with Daily Baked Soda Bread

Prawn Pil Pil (GFA) 4A, 6 €14.50

Atlantic Prawns, Garlic, Chilli, Spring Onion, Smoked Paprika & Olive Oil, served with Toasted Sourdough

Blue Haven Chicken Wings (GF*) 7,8,9,13 €12.00

Finished in a Fiery Hot Sauce with Blue Cheese Dip

Free-Range East Cork Chicken Liver Paté (GFA) 4A,5C,7,13 €13.00

Red Onion Marmalade and Toasted Brioche

Organic Wild Mushroom Tartlet 1,4A,7,13 €12.50

Sautéed Wild Mushrooms baked in homemade tart, with grated Parmesan Cheese and Arugula Salad

Potato Roasties 7,10,13 €11.50

Served with whipped Feta Hummus & Pickles

MAINS

The Blue Haven Burger (GFA) 1,4A,7,9,13 €20.50

Smoked Streaky Bacon, Hegarty's Cheddar Cheese, Horizon Farm Leaves, Onion Rings, Tomato Relish and Siracha Mayonnaise, Served in a Brioche Bun with a side of House Slaw & Fries (up to 20 min cooking time)

Beer Battered Haddock & Chips (GFA) 1,2,4A,7,9 €21.50

Served in a Kinsale Pale Ale Beer Batter with Mushy Peas, Tartar Sauce and a Lemon Wedge

Organic Wild Mushroom Pasta 1,4A,7,13 €21.50

Served with Truffle Cream Sauce

Add Chicken €3.50

Chicken Caesar Salad (GFA) 1,2,4A,7,9 €19.50

Baby Gem Lettuce Tossed in Homemade Caesar Dressing, Crispy Bacon, Anchovies & Garlic Croutons

12 Hour Braised Beef 1,7,9 €25.50

12 hr slow cooked Irish Beef, with Creamy Mash Potatoes, Red Wine Jus, Cheesy Cauliflower Gratin and Onion Rings

Seafood Korma (GF*) 2,6 €23.50

Diced Salmon, Haddock and Prawn, simmered in an aromatic Coconut and Cardamom Curry Sauce served with Pilaf Rice and Poppadom

A' LA CARTE MENU

SIDES

Creamy Mash 7,13 €4.80

Garden Salad 7,13 €5.00
with Citrus Dressing

Herby Baby Potatoes €5.50

Seasonal Veg €5.50

Fries €5.50

DESSERTS

Sticky Toffee Pudding 1,4,9,14 €8.50

Topped with Caramel sauce and served with Vanilla Ice-Cream

Chocolate Torte (GF*) 1,5A,13,14 €8.50

Served with Chocolate Ice-Cream

Blue Haven Signature Chocolate

Ice-Cream Sundae 1,4,4A,5A,7,13,14 €9.50

Served with Chocolate Brownie Pieces, Belgian Waffles, Black Forest Cherries, Double Chocolate Ice-Cream, Caramel Ice-Cream, Vanilla Bean Whipped Cream, Chocolate Shavings & Chocolate Sauce

OUR FOOD ETHOS

We cook everything fresh to order, so please allow adequate cooking time for each dish. Our breads & pastries are baked in our own bakery. All our Beef, Chicken, Pork, Bacon, Potatoes & Eggs are sourced from members of the Irish Quality Assurance Schemes & local suppliers. Our local suppliers include Horizon Farms in Kinsale, Hegarty's Cheddar, Glenmar Seafood West Cork, Haven Shellfish Oysterhaven, West Cork Olives, Bushby Strawberries, Siolra Foods, Kellehers Meats, Fresh Fish Deli, P.O'Connells, Clona Dairy and Gubbeen Smokehouse. We, where possible, source our produce from surrounding areas in the interests of both quality and carbon footprint.

ALLERGENS

1.Eggs/2. Fish/3. Peanut/4. Gluten/4a. Wheat/4b. Spelt/4c. Oat/5. Nuts/ 5a. Almonds/5b. Cashew/5c. Hazelnut/5d. Pine Nut/ 5e. Walnut/ 5f. Pistachio/ 6. Crustaceans/7. Sulphur Dioxide & Sulphites (Used as a preservative)/8. Celery/ 9. Mustard/10. Sesame Seeds/11. Lupin/12. Molluscs/13. Milk/14. Soy (V) Vegetarian, (GFA) Gluten Free options available, (GF) Contains no flour in the recipe, but flour is used in the kitchen, Please be aware our kitchen contains Nuts, Gluten, Dairy. Please make your server aware of any allergies.*